

Introducing Best You by Benestar® webinar

Subject: Register for “Introducing Best You by Benestar” webinar

To all QRME staff,

Many of us are continually working towards a healthy, happy and balanced life but, with so much information available, it's hard to know where to begin.

That's why QRME has partnered with Benestar to bring you a holistic and comprehensive health and wellbeing program to help you be your best you!

Join us in this webinar, as the Benestar team take you through what's available to you and your eligible family members as part of your Best You by Benestar program.

Whether you're wanting support for mental health, guidance on parenting issues, advice on how to improve your fitness, nutrition, relationships, finances and more – the Benestar team are here to help.

How to register

- **Introducing Best You by Benestar**
- **Date and Time**
 - Thursday 5 Nov 2020: 11am – 12pm (AEST – Brisbane time)

Register: <https://register.gotowebinar.com/rt/522019933155639555>

Can't make the above dates? No problem! **A link to watch the replay of the webinar will be sent to everyone who registers** so you can watch it at a time that suits you. You can also share the recording with your team or any of your family members who may be eligible to access the program.

